

THE WASHINGTON DAILY MAGAZINE PAGE

Employers Complain of
Lack of Concentration
On Young Toiler's PartDemand of Vocational Training Justified by Absence of
Working Ability in Grammar and High School Grad-
uates—Whittling Affords Better Training
Than Clay Modeling.

Vocation Series, No. 5.

By ANNA BOGENSEHLOE SLOANE.

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Power of concentration on the part of the child is the single objection, were there no other, that justifies the demand for vocational training.

Lack of this ability is becoming more and more evident in grammar and high school graduates. More and more emphatically employers complain thereof.

President Rosenbaum, of the National Clock and Suit Company, testified before the New York State Board of Factory Investigators recently that about 90 per cent of the graduates of New York secondary schools are entirely unfit for any kind of work; that out of the remaining 10 per cent, from which that company selects its employees, about 30 per cent have to be dropped because of inability to learn the trade.

The young people of New York city have had from eight to twelve years of schooling, but have not learned a single thing that can help them in their first and last, and most important struggle in life—that for existence. It is to be hoped that this is true of no other city than New York. But is it?

Power of Concentration.

Anyone can make himself able to do almost anything for which he has an inclination. If he can hold his mental and physical powers to the task intensely enough for a sufficient space of time. That is, if a person has gained the ability to concentrate his mental and physical powers upon the subject, or object, of his will he is able to master it. Therefore training in concentration should begin early.

This training, which is one of the most important phases of education, if not the most important, should never be entrusted to young teachers with little experience. The services of the most thoroughly trained child psychologist possible to obtain should not be held too costly, or too good, for our very young children.

In experiment schools in Europe, verified means for training children in mind

concentration is used. In Sweden, boys and girls are taught at kindergarten to whittle their playthings out of pieces of wood, and it has been found to be a valuable means for training them in concentration. Given a knife and a piece of wood, the child finds his fingers bleeding unless he pays close attention to every movement he makes with his knife, and he so soon learns to keep his mind on his work. Scars and scratches are wrapped up fingers are not uncommon among the members of a small toy whittling class, but no serious harm is done, and it does not require very long time for the average child to learn not to cut his fingers.

Value of Whittling.

In American kindergartens clay or wax modeling is used as a means to develop the child's sense of form. Careless working in wax or clay, is not disastrous. A dent made in the wrong place on a clay dog is easily remedied by pressing in an extra lump or otherwise patting it into the desired shape. But a careless cut in the neck of a nearly finished wood horse might ruin it forever, so the boy is mighty careful of how he does his whittling.

For this reason whittling affords better training in mind-concentration than does clay modeling, and it also implants the habit of planning the processes of work in his mind as he goes on to execute it. In whittling, it is absolutely necessary for the child to keep the powers of his mind and hands together in performing the work, and thus, as a means of correlating his faculties, it is a very valuable factor in his early training.

The interest in work and the anticipation of the joy in the finished horse make a little boy willing to work diligently while his sense of form gains fully as much in this activity as by clay modeling.

(This is the sixth in a series of articles on Vocational Work by Mrs. Sloane now appearing. The seventh to appear Saturday, May 1.)

SPRING BREEZES

By Michelson

Gods May Stoop and Men
May Soar on Sunshiny Days
In Great Out-of-Doors

By DR. LEONARD KEENE HIRSHBERG.

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"Let there be light!" said God, and forthwith light, ethereal, first of things, quiescence pure, sprung from the deep. Wren from the void and formless infinite, rising from the chaos of darkness, nothingness, born before the sun and before the heavens, at the voice of God, came light.

Then came the creation of life! The significance of this sequence seems to have been better understood by ancient man, of a thousand years ago, than by the men of today—that is, until the discovery of ultra-violet rays, x-rays, radium rays, and the other mysterious and life-giving properties of light. The absence of light is no more dramatically appreciated by anyone than by animal keepers. Guinea pigs, monkeys, rabbits, and other fresh-air, out-door animals, when confined to gloomy, lightless cages, soon become tame and die of tuberculosis and other muggy and leaden dull diseases.

Light Invigorates Muscles.

You may well weep when the light is dead! Sunshiny days out-of-doors are the hours for gods to stoop and men to soar.

The magnetic and chemical powers of light stir you to the marrow literally and not in a poetic sense. One bright day gives heart and life enough to your

invigorated muscles to conquer microbes, repair injuries, and overcome all human enemies. Light is composed of a legion of violently active rays. The popular scientific notion that those rays which act upon a photographic film or plate and cause chemical changes are only to be found in the ultra-violet part of the spectrum—the rainbow—is now known to be but a small part of the truth. All light rays, the violet, blue, green, yellow, orange, pink, and red are also highly active upon all living and inanimate nature. The violet and the red, as well as the blue, contain and produce "photo-electric," "chemically active" effects upon health and disease, minerals and water, man and vegetation.

Power of May's Sun.

Health comes and remains in the broad sunlight. Not only do the wheels of Phoebus dapple the sky with gold, but he peels away the dead, diseased tissues beyond the reach of soap and water, he stirs the tissues to do their utmost, and he destroys the malady-making microbes.

The seashore, the mountain resorts, the open country, and the springs are then as logical as places for winter and spring sojourns as for summer. The brilliant glow of the cheery sun is as bold in May as July.

Answers to Health Questions

Constant Reader—Q. I retire about 9 o'clock, but lie awake until the early hours of the morning. What shall I do?

A. Make your evening meal light. Take lots of outdoor exercise. Do not sleep in the afternoon. Have your room well ventilated at night. Take a hot bath and eat a few crackers with a glass of hot milk just before retiring. If you are not asleep within an hour after you retire, take a triple effervescent bromide tablet in a glass of water.

A Reader—Q. I. My mother has been ill for some years with so-called diabetes. She is lately complaining of the lower part of the back, says it feels like a terrible weight is there, and she can hardly walk. Is there any relief for her? 2. What is good to eradicate wrinkles?

A. 1. Your mother should eat oysters, clams, lobsters, animal broth, unthickened only, all kinds of meat, poultry, game, bacon, bread and biscuits prepared with gluten flour, green vegetables, cabbage, spinach, water cress, lettuce, sorrel, celery, string beans, salad, radishes, onions, custards without sugar, eggs, cheese, butter, unswollen jelly, nuts, except chestnuts, and dried fruits. Drink three quarts distilled water daily and also buttermilk and

cream. 2. Do not worry, sleep ten hours in the twenty-four, avoid late hours and loss of sleep, and eat more fatty foods, sweets, crackers, solid food, and drink three quarts of distilled water daily and two quarts fresh milk and cream.

Each night and morning massage the face with either cottonseed oil or olive oil for ten minutes. Do not use hot water or soap on the face, but cleanse it with a good peroxide cream and ice-cold water.

W. E. H.—Q.—I. What is your opinion of iodine as an antiseptic?

A.—I. Iodine kills germs not as an antiseptic, but as a tissue food.

R. G. E.—Q. I would like to know if you advise the use of — on the face?

A. I do not discuss advertised remedies in this department.

Dr. Hirschberg will answer questions for readers of The Times on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. The subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care this office.

Sausage—Fresh and Smoked

As Food For Adults It Has Worthy
Place in Every Household.

By MRS. CHRISTINE FREDERICK.

In our many discussions of meat and meat prices, we hear little mention of the large group of meats either fresh or smoked which come under the head of sausage. Yet the consumption of these products runs up into the millions of pounds annually, and is affected quite directly by the prices of other meats.

Perhaps it is because our domestic sausage is not of as high quality as the imported article that we as a nation eat less of it than is consumed by residents of other countries, notably Italy, Germany and France, and it is from these countries that the bulk of our sausage supply comes. However, sausage is worthy of dignified consideration in our diet, especially in the winter.

All sausage, when examined, is found to be a chopped mixture of meat, or pork, or both, salted or pickled under various processes, combined with spices, stuffed into casings, and later smoked, with the exception of the so-called "fresh sausage" which is unsmoked. Many housekeepers have a reasonable fear of sausage meat, and it is true that formerly, and even now, in the lower grades, a good deal of adulteration is practiced by adding flour, rice, cornmeal, or very inferior trimmings unlawfully to increase bulk. Sausage made by a reputable firm, or bought of a reliable dealer, offers in condensed form, a flavorful and quite nutritious food, for occasional use.

The common varieties, when analyzed, are found to contain about 14 to 18 per cent of protein (meat) and 10 to 15 per cent of fat. In using them, therefore, we should combine them in a meal

with a quantity of starch, bread, potatoes, beans, rice, etc. Although most sausage is cured or smoked, and some kinds eaten without further cooking, it is best to err on the side of safety and long cooking, as trichinae meat frequently infects pork and pork products. But sausage is a meat which should be strictly confined to adult use. No kind should ever be given to children, and while the poorer classes frequently have "sausage babies," the babies just as frequently perish from it. The "sausage" which is really a cleansed intestine, into which the meat is stuffed, should never be eaten, as it is too indigestible.

Fresh sausage, the same preparation sold in links, if of high quality, makes a good luncheon or supper dish—sausage and fried cabbage, no matter how apparently alluring on the bill of fare, is a dietetic sin of which no breakfaster should be guilty.

The wise housewife can pick out her own piece of pork or meat and have it chopped before her very eyes, and season it herself with sage, thyme and freshly ground pepper. One firm has made a national reputation by supplying consumers with an absolutely pure tasty sausage product, which shows that more consumers will use it if they were unvaryingly convinced of its integrity.

One of the best methods of preparing sausage, as a flavor, is to use economically gives a desirable meat flavor, and the actual bulk need be consumed. No one who has ever eaten bean soup with frankfurters, boiled hominy and fried beef sausage, or a lentil puree with Wiener-wurst will deny the appetizing flavor or wisdom of the dish. The housewife who is seeking meat at an economical price can learn to use sausage to give the meat flavor without the meat cost. (Copyright, 1915, by Mrs. Christine Frederick.)

"Medicine Man" Is a Woman

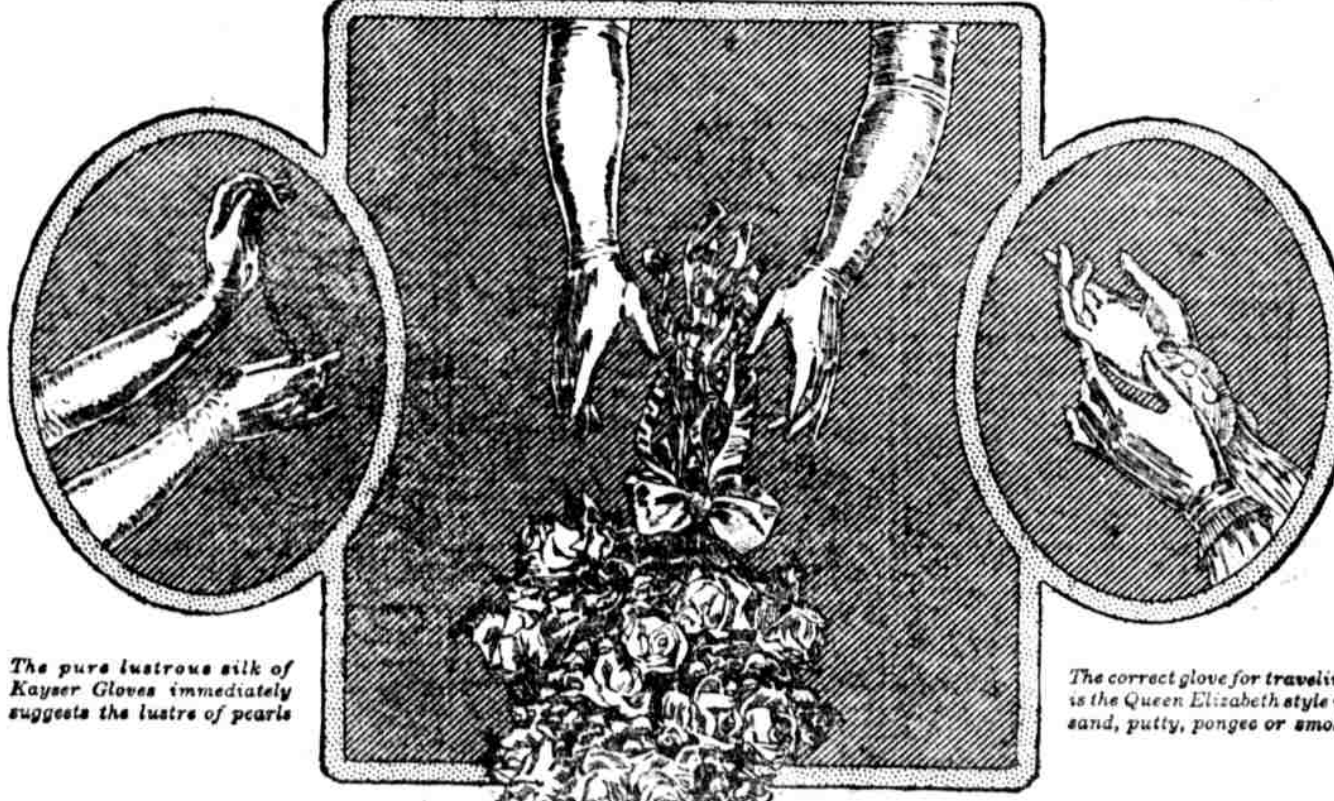
THE term "medicine-man" is somewhat of a misnomer, as the reader might be led to believe that a medicine-man is a man who dispenses medicine. This is quite wrong, for not only are they ignorant of medicine, but as likely as not the medicine "man" is a woman. As a matter of fact, the most celebrated medicine "man" in Alaska at the present time is a woman. The lady rejoices in the name of No-ha-de-lan. Her name, literally translated, means "The woman who never came back." Where, or how she got this curious cognomen I was never able to learn, but the old lady is very proud of it.

No-ha-de-lan lives at the mouth of the Koyukuk river, a tributary of the Yukon, and has been the head of her tribe for many years. To obtain the post of witch-doctor it is necessary, according to tribal lore, that the applicant should have some peculiar physical or mental development. Hunchbacks are in great demand, and a childless woman is looked upon as a certain possessor of supernatural powers.

Anyone afflicted with palsy or St. Vitus' dance also can obtain a first-class job. It would seem, however, from the view-point of an impartial observer, that the witch-doctors, besides these handicapped, are generally the possessors of a few more brains than their

compatriots. Relying upon a few old tricks and their own native intelligence, they manage to fool their neighbors and lead a nice easy life, accumulating for themselves a good supply of this world's riches as the Indian understands them. It might be as well to explain, by the way, that the terms "witch-doctor" and "medicine-man" are synonymous. The Russian word "shaman" is often used in Alaska to describe a medicine-man, but the Indians themselves always address him by the reverent term "tetyon," or, in the case of a female, "soltan tetyon."

All over Alaska the name of No-ha-de-lan is heard with fear and trembling by the natives, and all other medicine-men acknowledge her supremacy. To be a successful medicine-man it is necessary to have a devil working for you—invisible, of course, but none the less potent. While other medicine-men are content to drive one poor, lone little devil at their beck and call, No-ha-de-lan claims to have ten working for her, all fierce, strong devils, and all most industrious. It seems that No-ha-de-lan was the first "tetyon" in Alaska to introduce the idea of a plurality of devils, and her enterprise has been rewarded by the accumulation of many furs and a far-reaching notoriety.—From Wide World Magazine.



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British Skirts Creeping Higher

Striking Costumes in London Show Blouses, High
Collars, Velvet Bodices, and Brimless Hats.

By MARGARET MASON.

Her Grace is of the ballet not. At all. It's simply dally rot. Though true it is she wears much shorter.

Her skirts than she had really order. LONDON, April 22 (By Mail to New York)—It's amazing the way titled skirts are creeping up aristocratic shins. Talk about your belted ears, you really can't say much more about his lady countless wife these days, or rather nights, for her skirts are cut so high and her waists are cut so low there isn't much more than a giraffe for an embarrassed eye to cling to.

For daytime frocks and costumes, her grace, my lady, and the Hon. Molly are showing an expanse of ankle that generously goes the eight-inch mandate at least two inches better, or perhaps we should say worse. Skirting a rather tender subject, there seems to be abundant evidence these days that you can go further and fare worse when it comes to a question of British skirts. The pretty English dairy maid who voiced the historic answer that "My face is my fortune," could never have gotten by with a like statement among her feet. But he that as it may, feet, and even much feet, seem to demand even more inches when you start to hem about them.

Costume of Gray.

A cunning little dreadnaught gray costume of faile shows the skirt tendency and other things besides. Of course, the skirt is circumscribed, they are always that or pleated

these times, and is finished around the voluminous ruffled hem as to a deep band of eight-inch black silk braid. The blouse worn with it is of the same color chiton with bell-shaped sleeves and a high military collar. It is buttoned straight up the front, as is the skirt from hem to belt, with bullet buttons of black onyx. The little short box coats come just to the waist line, and have the regulation military braiding across the front carried out with a narrower width of the black silk skirt cap sleeve. The skirt was high black patent kid shoes with gray leather uppers laced on the sides are worn with this striking outfit. A little bullet button is at the top of the head as if it were molded to it, and flaunts two bunches of black aigrettes bent like Mercury wings, one jutting from the left rear and the other from the right front.

Incidentally the smart American women who wore it has been in England for two years. She admits tearfully that she is dying to go home, but simply can't this season for two years. She has a supply of spring and summer hats, each and every one of which boasts as their only trimming huge and lavish bunches of aigrettes or Paradise.

Two Striking Costumes.

They occasionally do trim hats in something besides aigrettes ever here, however, for I glimpsed a tiny blue turban on Bond street the other day that was fantastically adorned with three lemons. This ought to prove a helpful hint to the homelick American. By having her wonderful feathers replaced with citrus fruit she would

only be realistically flaunting her private opinions as to the status of any possible substitute trimming.

At a little informal midnight supper dance last week Miss Nancy Cunard and Iris Tree proved ardent advocates of the approved Cunard line. The latter, incidentally, of the Cunard line it seems quite apropos that Miss Nancy should flaunt a high-water frock and it was most appropriately composed of a frothy white bodice of tulle with cunning little white cap sleeve. The skirt was two feaming white billows of tulle girdled with a sash of sea-green ribbon.

Miss Tree, with her blonde hair in a bang, was most fetching in a black velvet bodice, six veils save, velvet bodice and net skirts black. It was cut out with rather a square Dutch effect in front and back and a single half-blown rose of pink broke the black somberness near the left shoulder. The bodice ended abruptly at a round, rather short waist line, and the skirt composed of three full flounces of tulle, one pale blue, one pale pink, and one yellow burst butterflylike from its black velvet chrysalis. The free limbs were incased in pale blue stockings and black velvet slippers.

There is quite a penchant for the velvet bodice in evening frocks and not only are the contrasting black velvet bodice and net skirts much worn, but a charming pastel blue taffeta with a velvet bodice of the same shade was the sartorial hit at the "lucky" other night. The skirt was caught up on the left side in kirtle effect, with a garland of pink roses revealing a petticoat of white chiffon and lace. A garland of the roses also served in lieu of the left shoulder strap.



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